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with each type of flour and you will have to adjust or add more liquid to compensate if the batter looks too dry. Whole grain flours are also heavier than white, and they are not recommended for sponge or fine-grained layer cakes.

■ One or two tablespoons sifted soy flour or sifted non-instant powdered milk can be substituted for an equal amount of flour in most cookie or muffin recipes. Soy flour causes quicker browning, so when baking with it, lower the oven temperature by 25 degrees.

■ As a substitute for buttermilk (though lacking its rich flavor), you can make your own soured milk by adding 1 tablespoon

white vinegar or lemon juice to one cup 1 percent or 2 percent milk; let it sit for about 3 minutes before using it. Or, blend 1 cup of skim milk with 2 or 3 tablespoons nonfat yogurt.

■ As a substitute for heavy cream as a sauce, not for whipping, you can use "light" ricotta cheese or low-fat cottage cheese, whipped in a blender, then stirred into a little low-fat vanilla or plain yogurt.

■ In general, as a substitute for one whole egg, use two egg whites for two whole eggs, use one egg plus one egg white, or three whites. Be aware that too many egg whites in a batter can have a drying effect; use them judiciously. For use in cake batters, eggs

should be at room temperature. If they are very cold, set them, in the shell, in a bowl of warm water for about 10 minutes.

■ As a general rule, it is possible to cut the fat from a "traditional" recipe by one quarter to one third; the resulting texture may be more dense because solid fat creamed with sugar will incorporate more air than oil.

■ To substitute honey for sugar, use about seven eighths the quantity of sugar called for and decrease the liquid in the recipe by about 3 tablespoons. (One cup granulated sugar equals ½ cup honey.)

Low-fat desserts guilt-free

See related story on Taste front. Recipes from Susan Purdy's "Have Your Cake and Eat It, Too: 200 Luscious, low-fat cakes, pies, cookies, puddings, and other desserts you thought you would never eat again." (William Morrow & Co.: Nov. 22, 1993; \$25/hardcover).

COCOA CHIFFON CAKE

Butter-flavor no stick cooking spray

1½ cups sifted cake flour

½ cup plus 1 tablespoons sifted unsweetened Dutch-processed cocoa

1¼ cups granulated sugar

2 teaspoons baking powder

¼ teaspoon salt

¼ teaspoon cinnamon

½ cup canola or safflower oil

½ cup plus 2 tablespoons warm water

2 teaspoons vanilla extract

1 large egg, separated, plus 4 large egg whites

Pinch of cream of tartar

2 tablespoons sifted confectioners' sugar

Confectioners' sugar or unsweetened cocoa

Position rack in the center of the oven and preheat it to 350 degrees. Coat the baking pan (9-inch, 8- to 9-cup Bundt pan) with cooking spray. Lightly sift on unsweetened cocoa, and tap out excess cocoa. Sift together the cake flour, cocoa, sugar, baking powder, salt and cinnamon into a large bowl. Make a well in the center of the dry ingredients and add the oil, water, vanilla, and egg yolk. Do not mix at this point; set aside.

Place the egg whites in a large grease-free bowl and add the cream of tartar. Using an electric mixer on medium speed, whip the whites until foamy. Add the 2 tablespoons confectioners' sugar and whip until stiff but not dry. Scrape the beaters

into the bowl. Set the whites aside and, without washing beaters, return them to the mixer.

With the mixer on low speed, beat the flour and oil mixture just until well blended. In several additions, gently fold the chocolate batter into the whipped whites. Don't worry if a few streaks remain.

Turn the batter into the prepared pan and smooth the top with a rubber spatula. Tap the pan sharply once on the counter to remove large air bubbles. Bake for about 40 to 45 minutes, or until the cake is well-risen and slightly springs to the touch, and a cake tester inserted in the center comes out clean. (The top of the cake will be slightly cracked.)

Cool the cake in the pan on a wire rack for 10 minutes. Use the tip of a long thin knife to loosen the cake from the sides and center tube of the pan. Top the cake with a wire rack or plate and invert. Lift off the pan, and cool completely.

To serve, dust the top of the cake with a light sifting of confectioners' sugar or unsweetened cocoa. Slice the cake with a serrated knife. Yield 16 servings.

Baker's notes: You can make your own cake flour by replacing 2 tablespoons of all-purpose flour with 2 tablespoons of cornstarch in every cup. Cake can be baked in advance, wrapped airtight, and frozen for up to 1 week. It will keep fresh at room temperature for several days.

Nutritional Analysis per serving: 172 calories, 2 g protein, 8 g fat, 0.8 g satfat, 25 g carbohydrate, 110 mg sodium, 13 mg cholesterol.

QUATMEAL RAISIN COOKIES

Butter-flavor no stick cooking spray

1 cup dark brown sugar, packed

1 large egg

3 tablespoons canola or saf-

flower oil

1 tablespoon vanilla extract

¾ cup unsweetened applesauce

½ cup very finely chopped apple

2 cups old-fashioned rolled oats

1½ cups sifted cake flour

1 teaspoon baking soda

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon nutmeg

3 tablespoons toasted wheat germ

1 cup seedless raisins

Position 2 racks to divide the oven in thirds, and preheat the oven to 350 degrees. Coat cookie sheets with cooking spray or line them with baking parchment.

In a large bowl, combine the sugar, egg, oil, vanilla, applesauce, and chopped apple. Whisk to blend, or beat well with an electric mixer.

In another bowl, combine the oats, flour, baking soda, salt, spices, wheat germ, and raisins. Toss to blend well. Add to the sugar-egg mixture and blend with a wooden spoon or the electric mixer on medium-low speed. Do not overmix.

Drop the batter by the tablespoonful onto the prepared sheets, spacing the cookies about 2 inches apart. Bake for 12 to 15 minutes, until golden brown; the longer cooking time results in a crispier cookie. Use a spatula to transfer cookies to wire racks to cool. Yield 3 dozen cookies.

Baker's note: Batter can be prepared ahead and refrigerated up to 3 days, or frozen for up to 1 month. The baked cookies are best fresh; if desired, reheat the small batches, and store any unbaked batter in the refrigerator or freezer.

Nutritional analysis per cookie: 88 calories, 2 g protein, 1.7 g fat, 0.2 g satfat, 17 g carbohydrate, 57 mg sodium, 6 mg cholesterol.

Family shares favorite recipes

See related Super Super on on Taste front. Recipes submitted by Sandra Watts.

CHICKEN STIR-FRY

1 tablespoon peanut or vegetable oil

1 pound skinless, boneless chicken breast halves

2 medium carrots, peeled and thinly sliced

½ pound mushrooms, sliced

1 garlic clove, minced

½ cup sliced green onions (cut into 1-inch lengths), including the white part

8 ounces snow pea pods, trimmed

1 can (8 ounces) sliced bamboo shoots, drained

1 can (8 ounces) water chestnuts, drained and sliced

Teriyaki sauce (enough to cover chicken, about ½ cup)

Lemon juice

Soy sauce (optional)

Cut chicken crosswise on a diagonal into very thin slices. Place in a resealable bag and marinate in refrigerator overnight in teriyaki sauce.

Preheat wok. When hot add oil and heat. Add 5-6 pieces of chicken to vegetable oil and stir frequently. Remove cooked chicken and set aside. Repeat cooking chicken until all chicken is cooked.

Add fresh vegetables, any combination can be used, to wok. Stir frequently. When vegetables take on bright colors (2-3 minutes) squeeze lemon juice over them. Cover and steam for 1 minute, remove from heat.

Put all cooked chicken back into the wok, squeeze on lemon juice, soy sauce (if desired) and heat 2-3 minutes. Place on plate and garnish with parsley.

Serve with rice.

Cook's note: This dish is excellent for adults as they can combine

LOW-FAT CHOCOLATE SWIRL CHEESECAKE

1 (6-ounce) package semi-sweet chocolate morsels, about 1 cup

½ cup sugar

¼ cups Graham cracker crumbs

2 tablespoons sugar

¼ cup Promise margarine, melted

2 (8-ounce) packages low-fat cream cheese, softened

2 tablespoons lemon juice

¾ cup sugar

½ cup non-fat sour cream or yogurt

1 teaspoon vanilla extract

Eggbeaters equivalent to 4 eggs

Ingredients should be at room temperature. Use a 9-inch springform pan.

Preheat oven to 325 degrees. Over

hot (not boiling) water, combine semi-sweet chocolate morsels and ½ cup sugar; heat until morsels melt and mixture is smooth. Remove from heat; set aside.

In a small bowl, combine Graham cracker crumbs, 2 tablespoons sugar and the margarine; mix well. Pat firmly into 9-inch springform pan, covering bottom and 1 inch up sides; set aside.

In a large bowl, beat cream cheese and lemon juice until light and creamy. Gradually beat in ¾ cup sugar. Mix in sour cream (or yogurt) and vanilla extract. Add Eggbeaters, slowly, beating well. Divide batter in half.

Stir melted chocolate mixture into one half. Pour into crumb lined pan; cover with plain batter. With a knife, swirl chocolate batter through plain batter to marbelize. Bake 60 minutes or until only a 2-3 inch circle in center will shake. Cool at room temperature; refrigerate until ready to serve.

Cook's note: For deliciously different flavors, vary the crumb crusts, use cinnamon-flavored Graham crackers.

Plymouth hosts ice festival

Carvers from all over the world will pick up hammers and chisels to carve beautiful creations out of 400 pound blocks of ice at the Plymouth International Ice Sculpture Spectacular Jan. 12-17 in downtown Plymouth.

These wintertime artists will use everything from delicate carving tools to chain saws to create ice wonders and compete for thousands of dollars in prizes.

There are also two culinary events planned — a ginger-

bread house and cake decorating contest. The houses and cakes will be on display in the Westchester Square Mall on Forest Avenue in downtown Plymouth, throughout the Plymouth International Ice Sculpture Spectacular, 10 a.m. to 8 p.m.

Mary Denning, owner of Mary Denning's Cake Shoppe in Westland, will demonstrate cake decorating techniques, 1 p.m. Sunday, Jan. 16, at the mall.

Nutty cakes sweet temptations

HAZELNUT TORTE

1½ cups (about 6 ounces) hazelnuts

¾ cup plus 3 tablespoons sugar

3 tablespoons plus 2 teaspoons flour

5 eggs separated, and at room temperature

¼ teaspoon cream of tartar

3 tablespoons melted butter

Position the rack in the center of the oven and preheat to 350 degrees.

Toast the hazelnuts in a shallow baking pan until skins begin to split, about 8 minutes. Transfer nuts to a strainer and rub nuts with a terry cloth towel to remove most of the skins. Cool nuts completely.

Grease two 9-inch round cake pans and line the bases with parchment paper, foil or waxed paper. Grease paper. Dust pans with flour.

Grind 1½ cups of nuts with ¼ cup of sugar as finely as possible. Transfer to a small bowl and blend in the flour.

Beat egg yolks with ¼ cup of sugar in a large bowl until pale yellow for 5 minutes. Beat egg

whites with the cream of tartar in another bowl until soft peaks form. Beat remaining 3 tablespoons of sugar into whites until they are stiff but not dry.

Fold ½ of the nut mixture into the yolks. Gently fold in ¼ of the egg whites. Repeat with remaining nuts and whites in 2 batches. Drizzle in melted butter, but before the last of the whites are incorporated. Spread batter evenly in prepared pan. Bake until a toothpick inserted in the center comes out clean, about 17 minutes. Run a knife around the sides of the pan and turn cake onto a plate. Remove paper and invert again onto a wire rack and cool completely.

PECAN SPICE CAKE

3½ cups (12 ounces) pecans

1½ cups sugar

3 tablespoons all purpose flour

2 tablespoons unsweetened cocoa powder

1 teaspoon cinnamon

1 teaspoon baking powder

Dash ground cloves

6 eggs separated, at room temperature

¼ teaspoon cream of tartar

Position rack in the center of the oven and preheat to 350 degrees. Butter two 9-inch round cake pans. Line the base with parchment paper, foil or waxed paper. Butter paper. Dust pans with flour.

Fold ½ of the nut mixture into the yolks. Gently fold in ¼ of the egg whites. Repeat with remaining nuts and whites in 2 batches folding just until blended and no streaks remain. Spread batter evenly into prepared pans and bake in the preheated oven for about 30 minutes or until a tester comes out clean. Run a knife around the edges of the pan and invert onto a plate.

Remove the paper and re-invert onto a wire rack. Cool completely.

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